DO YOU HAVE A MAD MEN PERSONALITY?

WITH THE NEW SEASON APPROACHING, OUR SELF-HELP EXPERT HAS SOME ADVICE FOR OUR FAVOURITE CHARACTERS PAGE 12

WINNIPEG metro®

Tuesday, March 20, 2012

News worth sharing.

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Aerospace union vows to fight legality of layoffs

Locked out. About 300 people are out of a job after Aveos closes its doors

BERNICE PONTANILLA
winnipeg@metronews.ca

Recently dismissed Aveos Fleet Performance employees took their anger out on the pavement during two protests on Monday.

A crowd of about 150 squeezed into the parking lot in front of Conservative MP Steven Fletcher's constituency office on Portage Avenue at noon. However, after being told that the MP was not in, the protest moved to Winnipeg's James A. Richardson International Airport.

Bev Donnelly has been working for the various incarnations of the Aveos company for nearly 23 years.

"My main concern is keeping food on the table and a roof over our heads," she said as she held a sign that read 'Who's fixing your airplane?'

Donnelly said she was working on Sunday when the workers were called to a meeting and heard the "brass read from a prepared statement" announcing the company's closure. They weren't allowed to get their belongings, such as tools. "We've got guys who were hired last Monday, they left other jobs," said Lorne Hammerberg, president of Local 714 of the International Association of Machinists and Aerospace Workers and an Aveos employee himself. "I'd be livid."

Hammerberg said his union is questioning the legality of the layoffs and will pursue answers.

Montreal-based Aveos said it has permanently shut its airframe repair business. The move will affect about 1,800 of the company's 2,600.

Also on Monday, Aveos applied for creditor protection, prompting Air Canada to argue in a Quebec court that Aveos not lay off more workers in order to meet its obligations to complete repair orders.

Meanwhile, Aveos workers in Montreal blocked a major street near the Trudeau airport. **WITH FILES FROM THE CANADIAN PRESS**

Aveos employees protest the closure of their company at Winnipeg's James A. Richardson International Airport on Monday. BERNICE PONTANILLA/METRO

Winnipeg has a smarty pants

A Vincent Massey Collegiate science teacher was ranked as the fourth smartest person in Canada on the CBC's Canada's Smartest Person, which aired Sunday. PAGE 3

The bold and the hearty of El Salvador

Savour the flavours of El Salvador at the family-run Café Mercadito Latino, which dishes up enchiladas loaded with mouth-watering fresh and tasty toppings. LUNCH RUSH PAGE 13

1 NEWS

In court

Cameras denied in Tuesday's Graham James sentencing

A Manitoba judge says allowing cameras to broadcast the sentencing of disgraced former hockey coach Graham James for sexual abuse would turn the highly-charged case into a spectacle and could violate the sex offender's privacy.

Judge Catherine Carlson denied an application Monday by a media consortium to set up two live TV cameras in the Winnipeg courtroom where James will learn his fate Tuesday.

"This case is highly-charged enough. It's not going to become a spectacle," Carlson said in her ruling. "This is, first and foremost, a sexual assault case and, in particular, a case of sexual assaults committed against persons under the age of 18."

James pleaded guilty in December to repeated sexual assaults on two former junior players — Theo Fleury and Todd Holt — when they played for him in the Western Hockey League in the 1980s and '90s. Fleury would go on to star in the National Hockey League with the Calgary Flames.

THE CANADIAN PRESS

Investigation

Cyclist dead after collision with truck

A Lorette man is dead after a collision with a heavy truck Monday morning.

Steinbach RCMP said the man, 70, was riding his bicycle southbound on Hwy. 12 near the Trans Canada Highway.

At about 10 a.m., the man was struck by a southbound 2000 GMC heavy truck.

The man was taken to hospital where he was pronounced dead. The truck driver was not injured.

RCMP continue to investigate. Speed and alcohol were not considered factors in the collision. RCMP did not say if charges were pending against the driver of the truck. ELISHA DACEY/METRO

Manitoba looking at making helmets mandatory

Protect your head. The new legislation would be innovative, not punitive, says Rondeau

The Manitoba government may soon make it illegal for cyclists to ride without a helmet.

"We're looking forward and seriously considering the legislation shortly," said Healthy Living Minister Jim Rondeau.

"We're seriously discussing it and we're looking at options at how to get more (helmet) usage. We know that jurisdictions that have bike helmet laws have increased usage and so it is yet another tool."

Manitoba is one of the few provinces that allows people to ride bikes without a helmet.

Ontario and Alberta require protection for people under 18, while Nova Scotia, British Columbia and others require both children and adults to don helmets.

Doctors Manitoba, the provincial medical association, has told the government that bike helmet laws reduce the number of head injuries that require hospitalization by as much as 45 per cent.

Rondeau knows that first-hand. He was involved in a collision with a vehicle last year while out riding his bike.

"I went sideways and hit my head and cracked my helmet. I know that if I was not wearing a helmet, I would have had a serious brain injury," he said.

Rondeau would not reveal details of his plan — whether the law would cover in-line skating and other activities, and what kind of fine or penalty might be levelled at offenders. He said the aim of the law would not be punitive.

"We don't want to have police chasing kids to give them a ticket. What we're trying to do is look at innovative approaches."

Rondeau pointed to the introduction of car-seat legislation for kids years ago. People who were found without a proper car seat for their kids were given a chance to avoid a fine. They were given a few days to buy a car seat and show police the receipt.

The bill may come as early as the spring legislature session, which starts April 17.

THE CANADIAN PRESS

The Province of Manitoba may consider making bicycle helmets mandatory when the legislature sits for its spring session in April. SHANE GIBSON/METRO

On the street

"I think it's bogus. The law should apply to children, but if you're 18 or older you shouldn't have to wear a helmet."

Moe McKenzie, originally from Quebec and now lives in Winnipeg. He rides his bike every day.

"I don't like to be told what to do, but I wear my helmet everyday because it's the safe thing to do."

Brian Wilfred. Rides his bike to work downtown.

For more local news visit metronews.ca/winnipeg

Mobile news

The KONY2012 video may have more than 83 million views on YouTube, but a clip of Invisible Children founder Jason Russell's naked romp on a street corner is now taking over the web. Scan the code for the story.

On the web

Double helix, double bind

The state of New York will start collecting DNA samples for a permanent database from people who commit even minor crimes like shoplifting or subway-turnstile jumping. Watch at metronews.ca/video

Wily coyote captured in downtown parkade

A coyote caught in a downtown parking lot Monday was to be released outside the city later in the day. Manitoba Conservation officers used a tranquillizer to subdue the animal. SHANE GIBSON/METRO

Manitoba Conservation officers had to use a drug more commonly used to knock out black bears in order to subdue a wily coyote that caused quite a scene in a downtown parking lot over the noon-hour Monday.

Winnipeg police members and four conservation officers spent nearly an hour and a half corralling the animal on the first floor of the five-storey parking lot behind 201 Portage Avenue while a crowd of people and media watched anxiously from the street.

"I'm glad it's a happy ending," chuckled one relieved bystander who didn't want her name used in the paper, and had worried authorities would have to destroy the coyote.

Because the coyote was hiding under parked cars, Conservation district supervisor Joe Johannesson said officers used a long pole with a needle on the end to inject the coyote with the tranquillizer Telazol around 2:30 p.m.

"It was such an unsafe area to shoot any projectile," he explained minutes after putting the unharmed but very much asleep coyote in a metal cage. "The animal is OK — we were worried about the welfare of the animal and of course the safety of the people."

Johannesson says a number of coyotes live within the city and he's not too surprised to see one near the corner of Portage and Main.

"He was just scared," he said. The tranquillizer was expected to last for a couple of hours, and conservation officers planned to release the coyote at Beaudry Park west of Winnipeg after making sure the animal was healthy.

SHANE GIBSON/METRO

Crime

Teenagers sought after stabbing in North End

Police are looking for three teenage males after a man was stabbed in Winnipeg's North End early Monday.

Officers were called to an assault in progress in the 200 block of Stella Walk at about 1:30 a.m. and found an injured 23-year-old man a block over near the 200 block of Dufferin Avenue.

The victim had been assaulted and stabbed and was taken to hospital in critical condition, but later upgraded to stable condition.

Police say three men had confronted the victim. All are described as aboriginal, in their late teens and wearing dark clothing at the time of the attack.

Anyone with information is asked to call investigators at 986-2848 or Crime Stoppers at 786-TIPS.

SHANE GIBSON/METRO

Crime prevention

Police holding another round of community consultations

The Winnipeg Police Service will hold two community consultations to give the public a chance to weigh in about the possible shutdown of two city police service centres.

Representatives from the Winnipeg Police Service will be on hand at both meetings to discuss the proposed closure of the police service centres at 1400 Henderson Highway and 1085 St. Mary's Rd.

The first consultation will be held on March 28 at the Bronx Community Centre at 720 Henderson Highway starting at 7:30 p.m. The second will be held March 29 at Dakota Collegiate, at 661 Dakota St., starting at 7:30 p.m.

SHANE GIBSON/METRO

Of course he's smart. He's from Winnipeg

Test of minds. Local teacher competes for title of Canada's Smartest Person

SHANE GIBSON
shane.gibson@metronews.ca

Winnipeg's own Dr. Marshall Carroll, 49, is the fourth-smartest person in Canada. SHANE GIBSON/METRO

If Vincent Massey Collegiate science teacher Dr. Marshall Carroll is the fourth-smartest person in Canada, imagine how smart his students are going to be.

The 49-year-old lifelong Winnipegger — who has a PhD in theoretical quantum chemistry — came in third on the CBC special Canada's Smartest Person, which aired on Sunday night.

"I would have liked to have won, but when it's all said and done, it was still lots of fun," Carroll said late Sunday, noting that friends had dubbed the event "Marsh Madness" and held parties to watch him compete. "All our friends in different places all got together to cheer me on — I thought that was pretty cool."

Carroll went brain-to-brain against three other genius Canadians in a series of challenges designed to test multiple intelligences. Hamilton Tiger-Cat Peter Dyskowski took the top spot.

Marshall, a teacher for 21 years, says he'll take the contestants to school if he gets the chance to compete again.

"If they want a rematch, I'm there," he laughed.

Students rock the jailhouse over omnibus crime bill

Members of the University of Winnipeg's U of Dub Students for Non-Violent Social Change used street theatre to protect the federal government's omnibus crime bill (C-10) in front of the Law Courts Building over the noon hour on Monday. The group says the recently passed bill will do little to rehabilitate offenders, and it removes a judge's power to impose conditional sentences and alternative forms of justice. SHANE GIBSON/METRO

Child abandonment. Baby found in a pile of leaves

A seven-month-old girl is fine after her mother allegedly got drunk early on St. Patrick's Day and left her in a pile of leaves near a Portage la Prairie school.

RCMP said a cyclist riding past the school at about 3:45 a.m. Saturday heard a noise that sounded like a cat. Stopping to check it out, he found a baby girl lying in a pile of leaves near the school steps.

The man kept the girl warm with his jacket while waiting for emergency personnel to arrive. The girl was taken to hospital and treated for exposure to the cold.

RCMP said after canvassing the area, they found an abandoned baby carriage, then found the mother, who witnesses told media was so intoxicated she passed out.

RCMP have arrested the mother, 28, and charged her with child abandonment and failing to provide the necessities of life. Her name will not be released to protect the child's identity.

ELISHA DACEY/METRO

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Sarkozy condemns attack on Jewish school

Toulouse, France. Four children, rabbi killed in front of school

A motorcycle assailant opened fire with two handguns Monday in front of a Jewish school in the French city of Toulouse, killing a rabbi, his two young sons and a schoolgirl. One of the guns had also been used in other deadly motorcycle attacks in the area, officials said.

A 30-year-old rabbi and his 3-year-old and 6-year-old sons were killed just before classes started at the Ozar Hatorah school, a junior high and high school in a quiet residential neighbourhood, Toulouse Prosecutor Michel Valet said.

Another child, the 8-year-old daughter of the school principal, was also killed, school officials said. Valet said a 17-year-old boy was also seriously wounded and in the operating ward of a city hospital.

Authorities ordered increased security at schools and synagogues around the country after the attack.

French President Nicolas Sarkozy rushed to Toulouse to visit the school with Richard Prasquier, the president of CRIF, the umbrella group representing Jewish organizations.

Sarkozy ordered increased security at Jewish and Muslim buildings around Toulouse, while his prime minister told officials to "secure" all school and religious buildings in the entire country.

THE ASSOCIATED PRESS

Tragedy

"Barbarity, savagery, cruelty cannot win. Hate cannot win. We will find him."

Nicola Sarkozy, French president

Students comfort each other at the Ozar Hatorah Jewish school.

REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

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Afghanistan shooting. Lawyer has 'emotional' meeting with Bales

A lawyer who is defending an Army staff sergeant suspected of killing 16 Afghans, including nine children, met Monday with the soldier for the first time at Fort Leavenworth, a conversation the attorney described as emotional.

Attorney John Henry Browne said he met for more than three hours with Robert Bales, who is being held in an isolated cell at the military prison.

"What's going on on the ground in Afghanistan, you read about it, I read about it, but it's totally different when you hear about it from somebody who's been there," Browne told The Associated Press by telephone during a lunch break.

"It's just really emotional."

Bales, 38, and Browne are expected to meet again Monday afternoon.

Post spokeswoman Rebecca Steed said earlier that Bales would be able to meet Browne in what is described as a privileged visit. Along with medical visits, such meetings are generally more private than others conducted in the prison.

Bales is "already being integrated into the normal pretrial confinement routine," Steed said.

THE ASSOCIATED PRESS

Accused

Military officials have said that Bales, after drinking on a southern Afghanistan base, crept away March 11 to two villages overnight, shooting his victims and setting many of them on fire. Nine of the 16 killed were children and 11 belonged to one family.

- **Bales has not been charged** yet in the shootings. Formal charges are expected to be filed within a week.

Letters, papers

University puts Einstein online

All 80,000 items in Albert Einstein's archives, including personal correspondence with half a dozen lovers and a poignant postcard to his ailing mother, are going online.

The Hebrew University of Jerusalem, which owns the Einstein collection, is slowly uploading high resolution photographs of scientific papers, letters on social issues including nuclear disarmament and the Arab-Israeli conflict.

Archivists said Monday's launch of the online repository will give scholars around the world direct access to Einstein's papers.

Most have been locked in storage at the university and only half of the collection appears online.

THE ASSOCIATED PRESS

Kosovo conflict

War crimes claim prompts lawsuit

Serbia's army chief has sued a prominent rights activist who has accused him of war crimes in Kosovo during the 1998-99 war.

Natasa Kandic, who heads the Humanitarian Law Fund group, says the libel suit filed by Gen. Ljubisa Dikovic is politically motivated.

Kandic's organization has alleged that "numerous grave and massive" crimes were committed in central Kosovo where Dikovic was in charge as a brigade commander in 1999.

Dikovic and Serbia's war crimes prosecutors' office have denied the accusations. About 10,000 people, mostly independence-seeking ethnic Albanians died in the Kosovo war.

THE ASSOCIATED PRESS

Emergency response

Alberta launches review into Slave Lake wildfire

Alberta is launching a formal review of how well it responded to a fire last May that destroyed a large portion of the town of Slave Lake.

The consulting firm KPMG will interview emergency responders who handled the evacuation and some of the 7,000 residents who were forced to flee their homes.

KPMG is to submit an interim report by the May 15 anniversary of the fire that destroyed 400 homes and caused more than $700 million in damage. A final report is to be presented to Municipal Affairs before the fall. THE CANADIAN PRESS

Byelection

Layton's Toronto-Danforth riding easily stays NDP

The New Democrats have hung on to the late Jack Layton's riding. Preliminary byelection results give NDP candidate Craig Scott close to 60 per cent of the vote. THE CANADIAN PRESS

NDP candidate Craig Scott
PAWEL DWULIT/THE CANADIAN PRESS

Murder trial

Woman can't recall drowning sons, court hears

Allyson McConnell says she doesn't remember what she's already confessed to — holding her two boys under water until they drowned.

McConnell, testifying in her own defence Monday at her second-degree murder trial, said she thought 2 1/2-year-old Connor and 10-month-old Jayden were still alive days after they were already dead. It wasn't until her mother and sister told her as she recuperated in hospital that she realized what she'd done.

Court heard McConnell was a woman with a long history of mental-health problems. THE CANADIAN PRESS

NDP ready to counter expected Tory attack ads

First impressions.
NDP set to announce new leader Saturday, prepared to pre-empt Tory smear campaign

The NDP is preparing a "significant" ad campaign to promote its new leader before the Conservatives get a chance to taint Canadians' first impressions with attack ads of their own.

The new leader, to be chosen Saturday, will have to approve the plan but the idea is to beat the Tories to the punch.

"The NDP is not going to be caught flat-footed. We are going to be defining our own leader to the public," NDP spokeswoman Sally Housser said in an interview.

The Conservatives have successfully launched attack ads that helped demolish the reputations of the last two Liberal leaders, Stephane Dion and Michael Ignatieff. The ads portrayed Dion as ineffectual, weak and "not a leader," and Ignatieff as an opportunistic interloper who was "just visiting" Canada and "didn't come back for you."

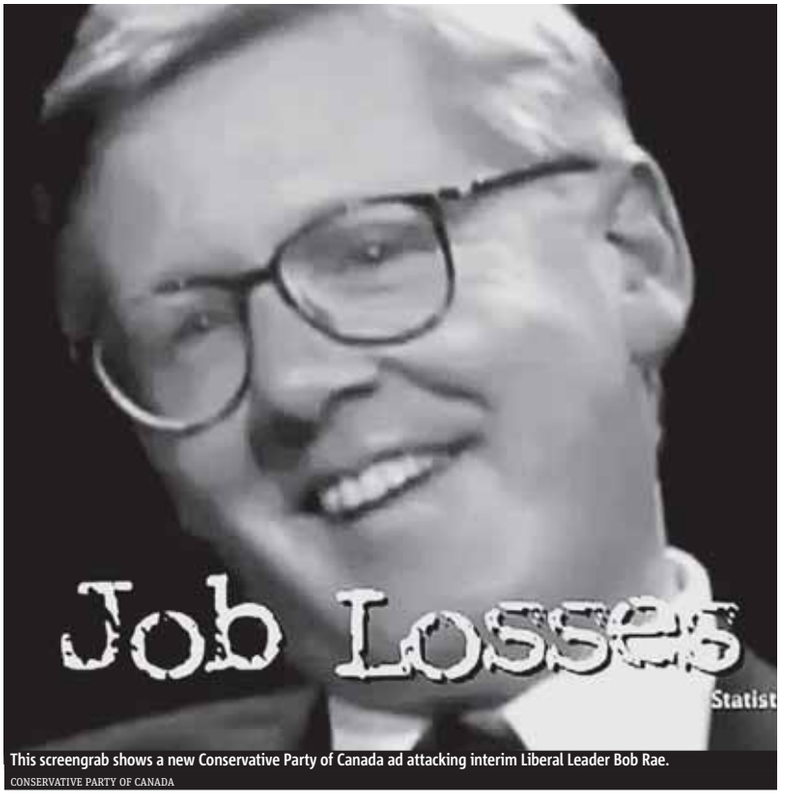
Liberals agreed at their convention in January to set aside cash to promote and defend their next permanent leader, who is to be chosen next spring.

The NDP has also learned from the Liberals' experience that Tory attack ads can't be allowed to go unchallenged. "We've set aside funds for a significant ad buy," said Housser.

NDP officials have no doubt the Tories plan to smear their party's new leader. They've already had a taste of things to come in the House of Commons, where Conservative MPs have for months been repeating the mantra that the NDP is "not fit to govern." THE CANADIAN PRESS

Liberal smear campaign

- The Tories launched an ad campaign this week against interim Liberal Leader Bob Rae, accusing him of turning Ontario "into the welfare capital of Canada" during his term as NDP premier in the 1990s.
- In the past, cash-strapped Liberals couldn't afford to fight back with ads of their own, letting the Tory attack ads go unanswered.



This screengrab shows a new Conservative Party of Canada ad attacking interim Liberal Leader Bob Rae.
CONSERVATIVE PARTY OF CANADA

London riots

Rioters face expulsion from college

Fanshawe College students convicted of criminal charges in a St. Patrick's Day riot could be expelled, president Howard Rundle said Monday.

Rundle said eight students have already been suspended.

"This is unacceptable, it will not be tolerated, it will not be excused and we will not have those people as students of this college," he said. "Someone who would throw a brick at someone else, someone who would start a fire … that kind of person is dangerous on our campus. We don't want them here."

Police are continuing to investigate the riot, which officials have said attracted about 1,000 people to Fleming Drive where a vehicle was torched and beer bottles were pelted at first responders.

The riot comes as college officials thought they were beginning to get a handle on problems in the neighbourhood.
ANGELA MULLINS/METRO

Charges

13

The number of rioters charged as of Monday, according to London police.

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Zoo escape

Koga breaks free from zoo cage

A 180-kilogram (400-pound) gorilla that escaped from its cage at an upstate New York zoo and bit a zookeeper was captured in a zookeepers' lounge and tranquilized.
THE ASSOCIATED PRESS

First address

Middleton gives speech to children's hospice

Catherine Middleton, the Duchess of Cambridge, delivered her first public address at East Anglia's Children's Hospice in Ipswich, Monday.
THE ASSOCIATED PRESS

Britain's Duchess of Cambridge makes a speech during a visit to Ipswich. THE ASSOCIATED PRESS

Decision

Courts to cig firms: Make your warnings bigger

A U.S. appeals court has upheld a law requiring new, bigger graphic warning labels on cigarette packs.

The lawsuit is one of two.
THE ASSOCIATED PRESS

Legacy of benefits

U.S. court unsure who owns dead father's pension

Should babies conceived using the frozen sperm of their deceased father get his government pension fund survivor benefits?

The U.S. Supreme Court grappled with that question Monday, following government officials' rejection of a benefits claim from Florida twins whose mother used her husband's frozen sperm to conceive them after his death.

The case had justices trying to apply a 1930s law to a modern situation where a father can save his sperm and allow a spouse to have his children months or years after his death.
THE ASSOCIATED PRESS

Obama heads west to tout new pipeline

Energy policies. Republicans attack President Obama for rising gas prices and for rejecting Keystone XL in January

U.S. President Barack Obama will head west this week to the Oklahoma town that's the southern starting point of TransCanada's controversial Keystone XL pipeline.

Obama will make a speech in Cushing, where the pipes that will be used to build the pipeline to the Gulf Coast are being housed. He'll also make stops in Nevada, New Mexico and Ohio.

The trip comes as the president's public approval ratings drop almost in concert with soaring pump prices. Republicans blame Obama's energy policies for rising gas prices and continue to attack him for rejecting Keystone XL in January.

White House press secretary Jay Carney denied that Obama's trek west was a publicity stunt aimed at propping up his sagging poll numbers.

"Most Americans understand that that's baloney," Carney said.
THE CANADIAN PRESS

Pipeline's promising

Obama's recent praise of TransCanada's decision signalled a shift in attitude from the White House after it rejected the pipeline outright in January.

- **Distance in dollars.** The $7.6-billion pipeline would stretch from Alberta's oilsands through six U.S. states to the Gulf Coast.

Twitter draws attention to bus wheel cleavage

Alberta Wildrose Leader Danielle Smith unveiled her party's campaign bus in Edmonton, Monday, shown in a photo taken from the social media website Twitter. The unveiling of her campaign bus has gone viral on Twitter, but not for any reasons related to the upcoming election. The bus includes a large picture of Smith on the side, with the two rear wheels over her chest. TWITTER.COM/HANDOUT/THE CANADIAN PRESS

Sex workers. B.C. police consider new guidelines

A man whose sister is believed to have been murdered on Robert Pickton's farm says he's surprised Vancouver police may adopt new guidelines for officers to treat sex workers with dignity and respect.

Ernie Crey, whose sister Dawn disappeared in 2000, says he didn't know treating women with dignity was optional for officers. THE CANADIAN PRESS

Search and rescue. Swiss man survives avalanche

Five people were killed and one person was dug out alive after Swiss and French skiers were buried by an avalanche Monday on Norway's Arctic fringe.

Four Swiss and one French skier died in the avalanche, which was 600 metres long. The last victim was buried under six metres of snow.
THE CANADIAN PRESS

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Balloon pilot helped save his passengers before deadly fall

Georgia. Investigators believe stormy winds collapsed the hot-air balloon, twisting it into the shape of a streamer

A hot-air balloon pilot found a safe spot for his skydiving passengers to bail out just before a thunderstorm sucked in his craft and sent him plummeting to his death.

Searchers found the body of 63-year-old Edward Ristaino on Monday after combing the woods in south Georgia with helicopters, airplanes, horses and all-terrain vehicles. Ben Hill County Sheriff Bobby McLemore said a helicopter spotted the balloon, and searchers on the ground then found the North Carolina resident dead.

Ristaino was ferrying the five skydivers Friday night when the fast-developing storm struck. Two of the skydivers say Ristaino kept them safe by spotting a field where they could safely parachute and telling them to jump as the storm approached.

"If we would have left a minute later, we would have been sucked into the storm," said skydiver Dan Eaton of Augusta, Ga.

He said he didn't think Ristaino's choice to embark on the trip was reckless. They took off into a blue sky from a festival in Fitzgerald, Ga. From the air, they could see only a fog-like haze that later turned into a fierce thunderstorm.

The storm "came out of nowhere," said skydiver Jessica Wesnofske of Cornelia, Ga.

Wesnofske said winds from the storm whipped and rocked her parachute on the way down, making her realize how strong the storm had become.

"By the time we got to the ground, the lightning was hitting the ground," Wesnofske said. "There was spider lightning across the sky."

As the storm lifted Ristaino into the clouds, he was using a walkie-talkie to speak with his ground crew, McLemore said.

"He told him he had gone into the clouds, that an updraft had taken him up to 17,000, 18,000 feet," McLemore said.

At some point, authorities believe the storm's winds collapsed the balloon and twisted it into the shape of a streamer. The last time anyone heard from the pilot, McLemore said, he saw trees beneath him.

"He had just made the statement that 'I'm at 2,000 feet and I see trees,' and that was his last transmission," he said.

THE ASSOCIATED PRESS

Planning ahead

"Something like this is a very rare occurrence because we have so much weather data available to us these days."
Troy Bradley, president of the Balloon Federation of America

Colorado wildfires contained

A wildfire sends up a huge wall of smoke Sunday, forcing authorities to temporarily close a section of U.S. Highway 34, east of Yuma County, Colo. Residents of the small town of Eckley have been allowed to return home after firefighters contained most of the wildfire. TONY RAYL/THE YUMA PIONEER/AP

Village in England

Englishman nettles neighbours with Nazi salutes

A British math teacher was convicted Monday of harassing his German neighbours with loud wartime music and Nazi salutes.

Prosecutors said Geoffrey Butler, 54, caused Reinhard and Kathryn Wendt four years of misery, among other things miming a Nazi salute and a Hitler moustache, playing a Winston Churchill speech and blasting patriotic British songs like "Rule Britannia."

THE ASSOCIATED PRESS

Myanmar

Second World War mortar kills child

A security official in Myanmar says a mortar round left over from the Second World War has exploded accidentally for the second time in the country, killing a 12-year-old boy and two other people. The official said the blast occurred Monday in Mandalay as it was being dismantled for scrap metal at a smelting plant.

THE ASSOCIATED PRESS

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Canada

Stock options. Apple rewards shareholders with dividend, buyback

Thirty-six years after its founding, Apple Inc. is finally loosening up its purse strings to reward shareholders directly, by instituting a dividend and share buyback program.

Investors had been expecting Monday's announcement, driving up Apple shares 37 per cent since management hinted in January that a dividend was in the works.

Apple, the world's most valuable company, sits on $97.6 billion in cash and securities. For years, CEO Steve Jobs resisted calls to reward shareholders with some of that money.

He used to say that the money was better used to give Apple manoeuvring room, for instance by giving it the ability to buy other companies.

Jobs died in October after a long fight with cancer. On Monday, new CEO Tim Cook said that with this much cash on hand, a dividend wouldn't restrain the company's options.

"These decisions will not close any doors for us," he told analysts and reporters on a conference call.

The newest iPad is displayed during an Apple event in San Francisco.
PAUL SAKUMA/THE ASSOCIATED PRESS

Apple generated $31 billion in cash in the fiscal year that ended in September, and is on pace to generate even more in the current year. That means its cash pile will continue to grow even with a dividend and a buyback program, albeit at a lower rate.

Had it kept amassing cash and low-yielding securities, Apple could eventually have opened itself to legal challenge from shareholders, who could have argued that it was misusing their money.

Apple said Monday that it will pay a quarterly dividend of $2.65 per share, starting in its fiscal fourth quarter, which begins July 1.

The dividend works out to $10.60 annually, or 1.8 per cent of the current stock price.

THE ASSOCIATED PRESS

Market Moment

DOLLAR
101.27¢ US
(+0.45¢)

TSX 12,479.7 (-17.27)
OIL $108.09 US (+$1.03)
GOLD $1,667.30 US (+$11.50)

Natural gas: $2.351 US (+2.5¢)
Dow Jones: 13,239.13 (+6.51)

Only Cleansing Can Make You Feel This Good

If there was only one thing you could do to improve your health and increase energy it would be a total body cleanse. Everyday your body is under attack from pollution, pesticides, chemicals and toxins. They are in the food we eat, the water we drink, and the air we breathe. No matter your lifestyle, no one is escaping this constant barrage of toxins.

CleanseSMART Advanced Total Body Cleanse

TESTIMONIAL - *Thank you so much!* "My fiancée and I had always thought that we were relatively healthy at 47 years of age and had fairly decent eating habits in that we were conscious of what we put into our bodies - fresh fruit and veggies, as little processed meats, white flour, sugar, salt, etc. but over the last 6 months or so we were beginning to feel sluggish and that our age was finally catching up to us - very rapidly. We searched the internet and narrowed our search to CleanseSMART's 30 day cleanse. We are very happy to report that after only five days both of us felt an amazing change in our bodies - lighter, healthier and more energized! Thank you so very much for your expertise in formulating this cleanse." - 2008-01-16

First Cleanse
First Time Cleanse

TESTIMONIAL - *Enjoyable Experience* "This was my 'first cleanse', and I can truly say it has been an enjoyable experience. I followed the directions, and made changes in my diet. The first few days, I began to notice some changes in my energy levels and 'waste elimination'. I also could tell the products were working, as my skin had mild breakouts. Towards the end of the program, the breakouts had cleared up, I was more regular in waste elimination, and I lost 7 pounds." - 2011-10-04

WHY YOU SHOULD CLEANSE

More Energy
Improved Elimination
Reduced Toxic Load
Increased Stamina
Better Health
Feel Less Bloated

Rapid Cleanse
Quick 7 Day Cleanse

TESTIMONIAL - *Excellent!* "I tried this because I was feeling sluggish with achy muscles, I now have more energy then I have had in a long time. Excellent product! I will likely try the 30 day CleanseSMART cleanse when I have the time but for a quick feel good solution this is the answer." - 2009-09-15

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To register and for full contest details visit clubmetro.com

READ BETWEEN THE LINES

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Girls have a lot of thing to say; I think the countless S–t Girls Say video parodies are proving that point ad nauseum. But more often than not (read: all the time) a lot of men don't realize the very subtle way in which the words that come out of our mouths are actually completely different from the intention behind them.

In an effort clear up some of the confusion I've created a little decoder to help understand the meaning behind some common female phrases. A She Says column on the things she says. Clever, right?

Read on and be sure not to take any of this too seriously.

"I'm fine."

Wow, she is totally NOT fine. She couldn't be further from fine. If a girl is doing well, she doesn't say "fine." She'll use words like "great," "good" and, if she's particularly enthusiastic, "amazing." Saying "I'm fine" is just a passive-aggressive technique we use to let you know that something's wrong and that it's more than likely your fault. See also: "It's fine" and "We're fine."

Girlfriend wants to bail

"She is halfway through a bottle of wine and wants nothing more than to watch a marathon of Downton Abbey while wearing embarrassingly oversized sweatpants."

"I really like that guy's hair."

You need a haircut.

"Did you still want to meet up tonight?"

If a girl actually wants to go out on the town, she'll pose the question "Where are we meeting?" If she wants to subtly hint at the fact that she would like to bail on you, she'll use this phrase. In reality, she has no desire to leave her house; she is halfway through a bottle of wine and wants nothing more than to watch a marathon of Downton Abbey while wearing embarrassingly oversized sweatpants.

"I have a lot of guy friends."

Because other women can't stand her. She'll tell you she hates drama, but in reality it probably has more to do with her inability to get along with other females. Famous women who have uttered this phrase include The Bachelor's latest she-villain Courtney Robertson and Angelina "Husband stealing" Jolie.

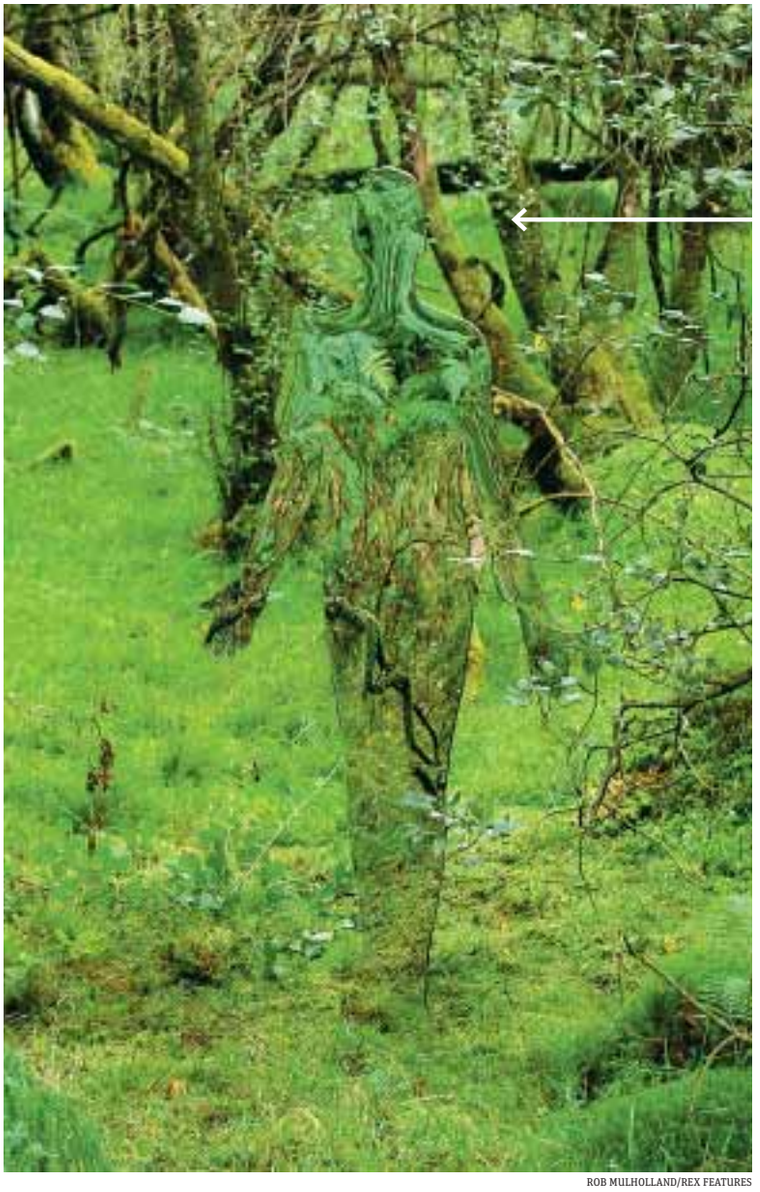
"I don't understand what the big deal is about Ryan Gosling."

Fact: Nobody is more charming than Ryan Gosling. It's sweet that your girl might try to protect your ego by feigning indifference towards this ridiculously handsome movie star, but she's lying to you. Want proof? Check out this thing called the "Internet" and see just how vast the Gosling fangirl universe really is.

"I'm not mad, I'm just disappointed."

But also she's super mad.

Mirror, mirror, in the woods



ROB MULHOLLAND/REX FEATURES

Part of the scenery

'Invisible' people spotted in forest

"Invisible" figures that appear to blend into the environment have been spotted in Scottish woodland. No, it's not something paranormal — it's an art installation. Rob Mulholland's series of six mirrored figures reflect the images of their environs to give the invisibility illusion. **MWN**

'A visible metaphor'

Rob Mulholland with a figure.

Reflecting the past

What inspired your art?
I first did some mirrored foxes as a visible metaphor of their elusiveness. I took that idea to the next level and used figures of people.

What's so special about the woodland in the Trossachs?
I discovered that after World War I much of this area was depopulated to accommodate an in-demand timber industry. These figures are meant to echo the past settlements of people that once lived here.

People say these figures look like the "invisible" alien life forms in the Predator movies? Were they inspiration?
Not at all! It's pure accident they look the same. At first I never saw the similarity. Sometimes as an artist you're stuck in a bubble and you can't see the wood for the trees!

ANTHONY JOHNSTON/MWN

Weird news

Chinese émigrés seek French entrée

Thousands of people in China are trying to write their own ticket out of the country — in French.

Chinese desperate to emigrate have discovered a backdoor into Canada that involves applying for entry into the country's francophone province of Quebec — as long as they have a good working knowledge of the local lingo.

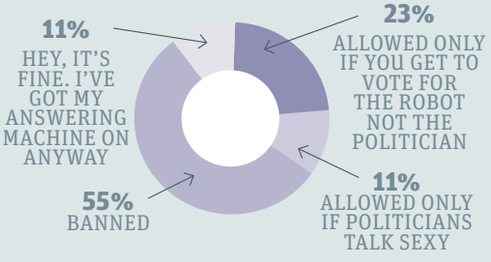
So, while learning French as an additional language is losing ground in many parts of the world — even as Mandarin classes proliferate because of China's rise on the international stage — many Chinese are busy learning how to say, "Bonjour, je m'appelle Zhang."

Yin Shanshan, 25, said the French class she takes in the port city of Tianjin near Beijing even includes primers on Quebec's history and its geography. **THE ASSOCIATED PRESS**

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you think election robocalling should be ...


11%
HEY, IT'S FINE. I'VE GOT MY ANSWERING MACHINE ON ANYWAY
23%
ALLOWED ONLY IF YOU GET TO VOTE FOR THE ROBOT NOT THE POLITICIAN
55%
BANNED
11%
ALLOWED ONLY IF POLITICIANS TALK SEXY

Twitter

@melissadupuis
Called in sick, which means "work from bed". To be honest, the open window and pjs ARE a step up in comfort.

@Nehiyahskwew
Walked to school this morning in Winnipeg and its 17 degrees on the last day of winter. Beautiful but very very worrisome.

@lhmcmillan
I don't want to be an alarmist, but the end is transparently near and we're all going to die.

#Winnipeg #weather

@Eric__Holle
@LucPachet Winnipeg does not deserve a hash tag.

@johnny31d
Omg!!! Tebow just got traded to the Winnipeg Blue Bombers!!!

@WeeMadAggie
@THEquadskater Weirdly we have sunshine and summer weather here in Winnipeg. It's the end of days.

metro

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2 SCENE

Scene in brief

Beyoncé gets back to work

Beyoncé is set to return to the stage for the first time since giving birth to daughter Blue Ivy. The Grammy winner will perform three concerts in New Jersey in May at Atlantic City's Revel Resorts. Revel said Monday that the shows will be held over Memorial Day weekend for the premiere of the $2.4 billion resort. Beyoncé gave birth to her first child in January with husband and rapper Jay-Z. Tickets for the May 25 through May 27 concerts go on sale April 6. Beyoncé will perform in the Ovation Hall, which has 5,050 seats.
THE ASSOCIATED PRESS

On the Web

R.J. Smith paints a complex portrait of James Brown in The One

Fight scenes deliver a knockout punch

The Raid. Film's writer-director sets a new standard for big-screen showdowns with his use of a little known Indonesian martial art style

TODD GILCHRIST
Metro World News in Hollywood

After decades of action movies and ass-kicking opuses from all across the globe, it's rare for audiences today to see something that truly knocks them out, much less that's original.

But Gareth Evans' The Raid: Redemption has set a new standard for the creative ways in which filmmakers can stage big-screen showdowns — in terms of technique, quality and even quantity.

No movie since the last Matrix installment has featured so many people fighting so furiously all at once, over and over.

If you ask the writer-director how he arrived at that style as opposed to more familiar forms of fisticuffs, however, Evans says he was primarily interested in introducing the world to the Indonesian form of martial arts known as silat, even as he constructed his brilliantly straightforward tale of a group of SWAT team members trying to fight their way out of a drug dealer's fortress-like tenement building.

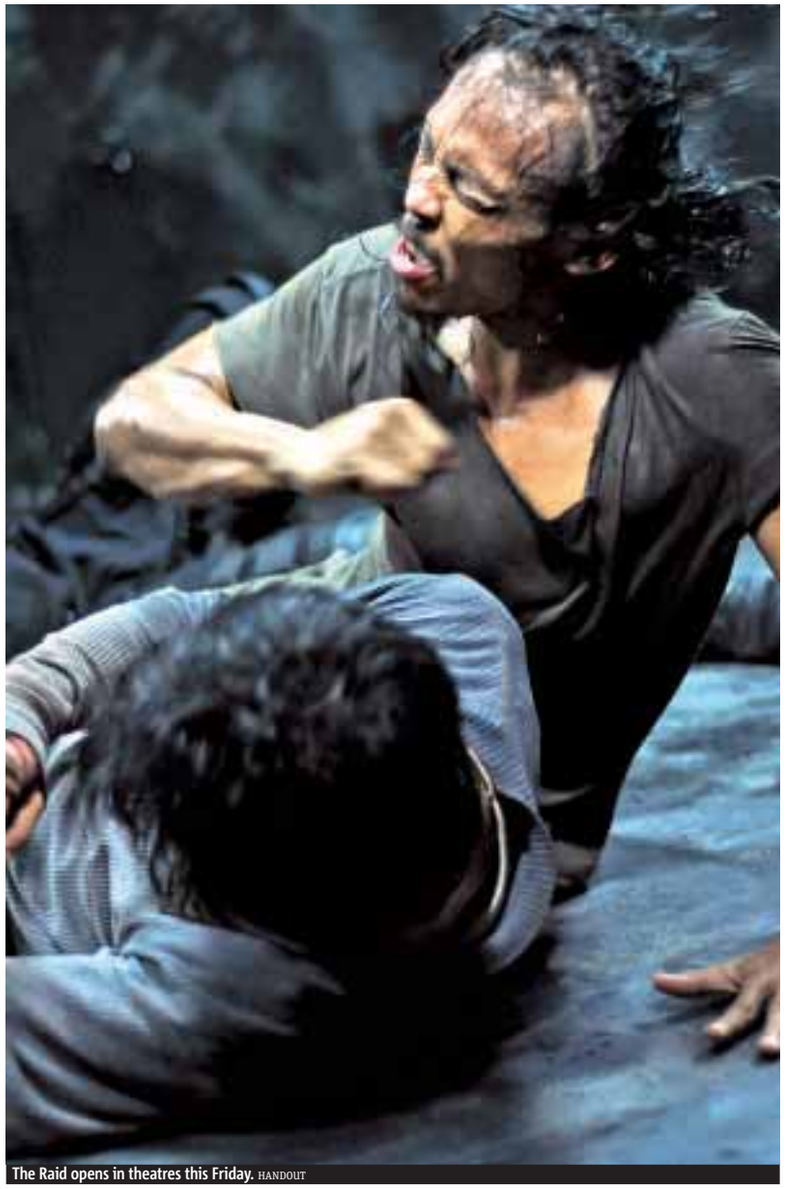
"In terms of Indonesia, we're still in our infancy when it comes to action films," Evans says.

"We're huge fans of action cinema from America, from Hong Kong, from Thailand, but we're very aware of the fact that we can't replicate those.

"So we needed to create this style of fighting — and screen fighting — which doesn't feel like it existed that much before."

While other movies have embraced the absurdity of the choreography to create larger-than-life sequences, Evans said he wanted his fights to function realistically, even if he concedes that they're a lot longer than his heroes could possibly endure.

"Every movement has to feel like it's grounded in reality," the filmmaker explained.



The Raid opens in theatres this Friday. HANDOUT

Fighting to get noticed

"In terms of Indonesia, we're still in our infancy when it comes to action films."
Gareth Evans, The Raid director and writer, about the fighting style in his new film.

"So even though the duration of the fight is the exaggerated part of it, all of the movements feel real. And you get that feeling when you watch the film that if you studied that martial art too, you could do all of the movements as well."

The film's red-hot reception at film festivals over the past several months inspired its distributor, Sony Pictures Classics, to bankroll not one but two more movies in the series.

But even with stateside studios knocking down his door, Evans said he's happier to keep fighting for his own ideas than taking a victory lap using someone else's.

"In terms of Hollywood, I'm not interested really in major big-budget stuff," he revealed.

"My love is for the type of film that I can feel passionately about in every page of the script and every line of dialogue.

"The most ideal situation for me is to find that one person that's going to support me to make the film that I want to make.

"I definitely want to make movies out here," he added. "But it's got to be the right film, and the right circumstances too."

DVD reviews

The Girl with the Dragon Tattoo

Director. David Fincher

Stars. Daniel Craig, Rooney Mara

●●●○○

Is David Fincher's tattooed Girl, this time with Rooney Mara instead of Noomi Rapace as the ruthless, messed-up computer hacker, any better than the Swedish original? Does it matter?

Dirtier, more violent and marginally more complicated than its Scandinavian forebear, Fincher's stab at Stieg Larsson's first Millennium trilogy novel manages to stand on its own merits.

While the pace is slow and there are some flat performances (particularly by Craig), there remain two reasons to drag out the Dragon Tattoo gun again: the incendiary performance of Oscar-nominated Mara, and the score by Trent Reznor and Atticus Ross. It's another improvement from the original film that helps build the dire mood.

Tinker Tailor Soldier Spy

Director. Tomas Alfredson

Stars. Gary Oldman, Colin Firth

●●●●○

"Nothing is genuine anymore," a character sighs in Tinker Tailor Soldier Spy, but he couldn't be more wrong.

This film is the real deal, set in pre-digital 1970s. Based on the bestselling 1974 John le Carré novel, which also spawned a memorable 1979 TV miniseries, it's a movie of chain smokers and whisperers, of rattling tea cups and rotary-dialed telephones.

Oscar-nommed Gary Oldman brilliantly assumes the role of stone-faced George Smiley, an ex-British Secret Service man brought out of retirement to search for a Soviet mole who has infiltrated the MI6. Tinker Tailor Soldier Spy is not just a movie about intelligence, it's an intelligent movie.
PETER HOWELL

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lady Gaga says she's observing a strict code of radio silence

Lady Gaga is looking to keep her mouth shut for a while, she reveals in an interview with Oprah Winfrey.

"Other than this interview, Oprah, I do not intend to speak to anyone for a very long time," the pop star says. And it looks like she's not going to be listening to a lot either: "The latest thing I do is I don't read a damn thing," Gaga says.

"No press, no television. If my mom calls and says, 'Did you hear about?' I don't want to know nothing about anything that is going on in relation to music. I shut it all off."

Lady Gaga

Chris O'Dowd admires Megan Fox for calling it like she sees it

While her public feud with Michael Bay might have cost her a role in the last Transformers film, Megan Fox earned at least one new supporter: her Friends with Kids co-star, Chris O'Dowd.

"Who wouldn't have a fallout with [Bay]?" O'Dowd tells the Toronto Sun. "It's one of the sexist things I've ever seen. She called him an a--hole. Well, he is a f---ing a--hole. She's not the only one who has said that. Why has she been singled out?"

One difference between Fox and O'Dowd, though? O'Dowd wouldn't work with Bay in the first place. "I would never f---ing watch his films, never mind go and act in them," he says.

Chris O'Dowd

Megan Fox

Twitter

@katyperry
The universe is speaking. Listen to it.

@russellcrowe
pm workout 25 mins of stretches and light weights, 30 lengths of the pool (600m)

@RealKiefer
Don't have anything clever to say (not that I ever have) but having a great day & hope you are too!

@alecbaldwin
Today is a big day. A momentous day. Today is the day I ....that I ..... zzzzzzzzzz.....zzzzzzzzzz

'Original guido'

Jersey Shore will return for Season 6

THE WORD
Dorothy Robinson
scene@metronews.ca

Despite the cast being pulled in a myriad of directions (The Pauly D Project and Snooki and JWOWW vs. the World, to name two spin-off shows), apparently all of the cast members have time for the OG — that's "Original Guido" — Jersey Shore.

It was announced yesterday that production for the sixth season of the show is set to begin this summer in Seaside Heights, N.J.

"America's favourite housemates will all return to their home-away-from-home, and the house dynamic is headed into unchartered territory … as their lives outside the Shore take off in exciting new directions," MTV said in a press release.

"While things will definitely be a little different this time when they hit the boardwalk, their trademark hilarity and family dysfunction will remain the same."

A sixth season? Talk about beating a dead meatball, MTV.

But I'm sure they'll still get the audience, if only rubberneckers who are tuning in to see what kind of maternity swimsuit the knocked-up Snooki is going to wear.

Jersey Shore is making the most out of Snooki's pregnancy, teasing the new season with the tag line, "fist pumps and baby bumps" — probably the most clever thing to come out of this news. ALL PHOTOS GETTY IMAGES

Celine's vocal chords will go on: singer set to return to Las Vegas stage

Singer Celine Dion says she is recovering from a virus that caused an inflammation of her vocal cords and is planning to return to the stage in Las Vegas soon.

Dion said in a statement Monday that she received good news last week during a follow-up examination with her doctor in Los Angeles.

She says she should be fully recovered by mid-April. That's when she hopes to start recording songs for her new English and French albums.

Dion announced last month that she was cancelling her shows at Las Vegas' Caesars Palace until June 9 because of her illness.

The singer of romantic odes including My Heart Will Go On and It's All Coming Back to Me

Celine Dion

Now returned to Caesars Palace a year ago for a three-year engagement.

THE CANADIAN PRESS

3 LIFE

Vegetables

Hot potato

The Kohlrabi looks like a potato, but it's not. This root vegetable is part of the brassica family that also includes kale, broccoli and cauliflower. Thick and fibrous, it's the perfect addition to hearty dishes.

Lawsuit

Plastic surgery

French actress Emmanuelle Béart, whose face is distorted from too many operations, launched an open attack against blotched plastic surgery. Just get old!

On the Web

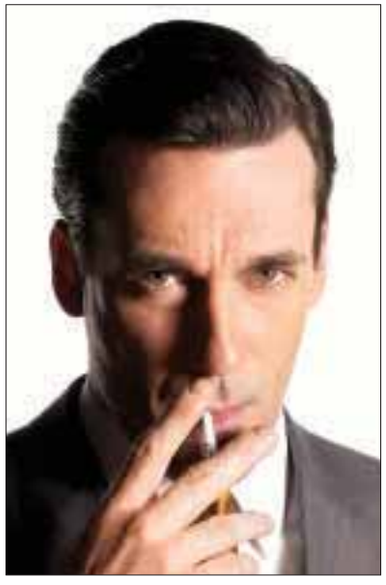
Is 'pink slime' in your burger? You may not know until it's in your mouth - or ever

The fifth season of Mad Men debuts in the U.S. on March 25, so prepare yourself for more shameless behaviour. Our hero's a drunk, his boss is a womanizer and the women have issues, too. Here's our self-help advice for our favourite characters — apply if necessary.

ROMINA MCGUINNESS
life@metronews.ca

Analyzing the Mad in Men

Don Draper



VICES
Draper, head of creative at the ad agency, blocks out his past and his feelings. He smokes, drinks and has many lovers and cheats.

SOLUTION
"Smoking, drinking and having indiscriminate sex are all mind numbing activities and ways for Don Draper to ignore his history," says psychotherapist Jonathan Alpert, author of the self help book Be Fearless. "They serve as a distraction from the real issue: himself."

The more he indulges, the less he has to deal with.

"Draper needs to spend less time thinking the world owes him and more time trying to understand his past. He also needs to find a female role model to make up for his tumultuous past that was absent of one."

Joan Harris

VICES
Office manager Joan loves bad boys, sex and tight dresses. She comes across as sassy and bold but inside, she's vulnerable and afraid of ending up alone. She is pregnant with her ex lover's child (former boss Roger Sterling) but tells her husband it's his.

SOLUTION
"Instead of using her body as a means to get things, she should try using her mind," says Alpert. "By relying on her body to leverage what she wants people only get to know her in that way."

Roger Sterling

VICES
Multiple heart attacks haven't slowed down Sterling's (very) heavy smoking and drinking. He believes every problem can be solved with or over a drink. He has a penchant for younger women and still has feelings for his ex girlfriend, Joan Harris.

SOLUTION
Sterling has a grand sense of entitlement. "He's been handed everything and as a result he's become an adult version of a spoiled brat," says Alpert.

Roger should ask himself: who am I, if not a wealthy ad agency owner?

Peggy Olsen

VICES
Workaholic Peggy is desperately striving for professional recognition in a male-dominated world.

She's had a baby out of wedlock after an affair with a married man. Her denial of the pregnancy was so intense she was unaware of her condition until she went into labor.

SOLUTION
"Peggy Olsen compensates for her apparent insecurities by throwing herself into work," says Alpert.

"This distracts her from the real problem: her inability to be intimate and deal with lingering issues of guilt around sex and religion," he adds.

When it comes to sex, Peggy might think, 'How can something that feels so good be so wrong?' To break this cycle of guilt, Alpert believes she needs to define who she is.

You want to get ...

Christina Hendricks' hourglass figure

Quote

"Some people need someone to hold them accountable, others need someone to keep them engaged. If you find someone who is dependable, pleasant to be around and has the same attitude vis-a-vis exercise then it's more fun..." Gunnar Peterson, personal trainer

She doesn't stress over her weight and just goes with the flow
"Weight is arbitrary. Go by feel. Work on being honest and analytical as opposed to critical when it comes to your body," says Gunnar Peterson, a personal trainer.

If you stick with your food and exercise plan, you'll eventually get to where you need to be."

She works out with her husband
"Some people need someone to hold them accountable, others need someone to keep them engaged.

If you find someone who is dependable, pleasant to be around and has the same attitude vis-a-vis exercise then it's more fun for the relationship."

She breaks every food rule
"Indulging from time to time keeps the resentment at bay as well as de-emphasizing the food that you're indulging in. Your diet can vary but when you find something that works nutritionally as well as leaves you feeling good, you can stick with it until you burn out on it."

Gunnar Peterson is personal trainer to J. Lo and Kim Kardashian, so he knows about curves. HANDOUT

Fall in love with the bold and hearty flavours of El Salvador

Salvadoran Enchiladas SVJETLANA MLINAREVIC

LUNCH RUSH
Svjetlana Mlinarevic
life@metronews.ca

To say that I liked this little family-run café would be an understatement. I loved it.

Café Mercadito Latino is as lovely as the Central American family that runs it.

At the front of the house is the most colourful, clean, and well-organized Latino grocery store I have ever seen.

In the back is a quaintly cheerful café that serves fresh, tasty and authentically Salvadorian cuisine.

I sampled two combos: Combo #9 ($8.99) of three Salvadoran enchiladas with various toppings and Combo #4 ($8.75), a pupusa with two tamales.

The tamales were moist and flavoured with Alguashte, a deeply rich spiced floral seasoning. For me the star of the hour was the pupusa. A food that originated in El Salvador, this toasted corn flour pillow is stuffed with cheese, refried beans, and pulled pork. I will definitely dream of pupusas tonight.

Even though El Salvador is a small country, we all know that good things come in small packages.

Visiting the restaurant

Café Mercadio Latino

Address. 219 Henderson Highway

Phone. 667-4272

Rating. 5/5

Rice range. $7.50 - $9.95

Reservations. Yes

Client negotiations. Yes

Lunch with co-workers. Yes

Social lunch. Yes

Veggie Sloppy Joes. Go meatless for dinner with this twist on a favourite

Ingredients

6 portions

- 1 pkg (340 g) veggie ground round
- 1 onion, chopped
- 1 clove garlic, minced
- 250 ml (1 cup) ketchup
- 250 ml (1 cup) barbecue sauce
- 15 ml (1 tbsp) prepared mustard
- Freshly ground pepper
- 6 hamburger buns

1 In a large skillet, cook veggie ground round, onion and garlic over medium heat until onion is slightly brown.

2 Add ketchup, barbecue sauce, mustard and pepper. Cook for 5 minutes on low heat, stirring occasionally.

3 Divide among hamburger buns to serve. **THE CANADIAN PRESS/ YVES VEGGIES CUISINE/ ADAPTED BY EMILY RICHARDS**

Spring into spring with lighter options

Swedish Meatballs

This recipe makes 20 meatballs. MATTHEW MEAD/ THE ASSOCIATED PRESS

While most varieties of meatballs pack 74 calories and more than four grams of fat per ball, this recipe cuts calories down to 36 and less than a gram of fat per meatball.

1 Heat oven to 190 C (375 F). In bowl, combine turkey b and beef, and mix gently.

2 In blender, combine 75 ml (1/3 cup) chicken broth, onion and egg white. Blend until finely chopped. Add puffed rice, blend to make thick paste.

3 Add egg mix to meats, then season with salt and red pepper flakes. Divide mix into 20 even mounds, using about 15 ml (1 tbsp) each. Shape each into a ball using slightly wet hands to help prevent sticking.

4 Coat non-stick sauté pan with cooking spray and heat over medium-high. Once pan is hot add meatballs, leaving about 1-cm (1/2-inch) space between them. Cook 2 mins. or until browned on bottoms. Roll meatballs onto other side and brown evenly, 2 mins. Remove meatballs from pan.

5 Add remaining chicken broth to pan and bring to simmer. In bowl, mix evaporated milk with arrowroot, then stir into broth. Cook and stir for 10 seconds, then return meatballs to pan. Place pan in oven and bake 10 minutes or until meatballs are cooked through.

6 Transfer meatballs to serving platter. Insert short skewers into each meatball. Set sauté pan over medium heat and cook sauce for 1 to 2 minutes or until slightly thickened. Spoon sauce over meatballs and serve with cranberry sauce. **ROCCO DISPIRITO/ THE ASSOCIATED PRESS**

Ingredients

- 250 g (8 oz) extra-lean ground turkey breast
- 175 g (6 oz) lean ground beef
- 150 ml (2/3 cup) fat-free, reduced-sodium chicken broth, divided
- 125 ml (1/2 cup) chopped yellow onion
- 1 egg white
- 500 ml (2 cups) puffed brown rice cereal
- Salt, to taste
- Red pepper flakes, to taste
- 50 ml (1/4 cup) evaporated fat free milk
- 5 ml (1 tsp) arrowroot powder
- Olive oil cooking spray
- 50 ml (1/4 cup) no-sugar spiced cranberry sauce

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The deal with taxes

Tips for the financially challenged

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

When do I have to file my taxes? Each year taxes are due to Canada Revenue Agency (CRA) by midnight of April 30.

How do I file my taxes? You, or your professional tax advisor, can file your taxes through NETFILE (netfile.gc.ca). For help using NETFILE, consult CRA's online help or call the NETFILE help desk: 1-800-714-7257. Not everyone can use NETFILE, so check out the restrictions. If you run into problems you can still file the old-fashioned way in paper form and have the post office postmark it by April 30, 2012.

What if I've moved? File your taxes according to the address where you were living on Dec. 31 of the tax year.

What if I've experienced a major life event? If you've had a child, experienced a death in your immediate family, got married, separated or divorced, there are special tax considerations for your situation, so consult with a professional tax advisor.

What if I'm behind on my taxes? Get on it! By law, you must file a yearly tax return. The longer you let it go, the more complicated it gets.

Do I pay a fine if I'm late filing my taxes? If you are eligible for a refund, there is no penalty. However, if you owe taxes, the late filing penalty is five per cent of the amount you owe for 2011, plus one per cent of the balance owing for each full month that your return is late, to a maximum of 12 months.

Do I have to file a joint tax return? Taxes are filed on an individual basis in Canada. But, if you're married or living common-law you must claim your marital status because your tax benefits are calculated based on total household income.

What can I write off? If you are self-employed, you're allowed to claim some business expenses against your income. If you're not self-employed, it's unlikely you can write off employment related expenses. Research what you can claim or hire an expert. Keep receipts and documentation in case you're audited.

TWEET ME @LESLEYSCORGIE

Shop like an American

Plan ahead. Cut coupons and look for deals before you hit stores in the U.S. (and don't forget to bring a pair of comfy shoes)

YOUR MONEY
Alison Griffiths
money@metronews.ca

'Tis the season for travel.

It's the time of year when many families head south for the beach or the slopes and shopping, especially now with the loonie lingering near par.

Sadly, we're limited when it comes to enjoying some of the best U.S. deals. I recently bought my favourite wine, J. Lohr Paso Robles Cab, for a mere 12 bucks at Target. The same vino in Canada will set you back $20 or more. But we can still only bring back 1.14 litres of liquor or 1.5 litres of wine regardless of the trip length.

Savvy cross-border shoppers head to the outlet malls and big box stores to score deals. But with a bit of planning you can do even better by monitoring the coupon offers at your destination.

First, check out the local newspaper. Advertising is up since the worse of the recession and the papers are full of coupons. In Canada, we usually see flyer-heavy papers on Wednesday and Thursday, but in Florida, for example, Saturday or Sunday is when you will find the largest number of flyers and ads.

Another great source are the newspapers' websites. They are far richer with coupons than in Canada. Also, visit store websites. Last week, I took advantage of a two-day only 20 per cent off any purchase at Chico's and a similar deal at Macy's. Some stores are strict about having the coupon in hand but when I left my Macy's offer in the printer, the checkout person swiped one she had at the counter to give me the discount.

Finally coupon sites have proliferated in the U.S., over 500 at last count. Here are five top websites, according to the Wall Street Journal:

- CouponCabin.com
- RetailMeNot.com
- SmartSource.com
- Coupons.com (mainly groceries, also I couldn't load it with my Safari browser but could with Firefox).
- CouponMom.com (primarily groceries)

If you are intending to do some serious shopping be sure to start your deal search before you leave Canada or you might end up clipping or printing a coupon that only kicks in when you're at the airport heading home.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT GRIFFITHS.ALISON@GMAIL.COM OR ALISONGRIFFITHS.CA

Alison's money rule

"Maximize your U.S. shopping deals by planning ahead."

Cross-border shopping

- **Before you swipe.** 2.5% is the standard additional charge, on top of the exchange rate spread, levied by Canadian credit card companies on U.S. purchases.

There's nothing quite like a good deal. ISTOCK

Modern love in a digital world

Romance. We used to fly banners through the sky to get our loved one's attention, but now there's Facebook — it's faster and a lot cheaper

YLVA VAN BUUREN
For Metro

When Jodi Brown finally decided to accept Matt Peacock's wedding proposal, the social media aficionado wanted to say 'yes' in a way that was unique, memorable and "fit with who I am."

Jodi is vice-president of marketing and interactive at Metro News, has two boys, Jaden, 14, and Callum, 9, and she's a huge fan of social media.

Metro readers are likely familiar with Jodi — she shared her cancer story in the paper last fall (and she's doing great now!).

After hearing a social media expert talk about how you can micro-target advertising messages on Facebook, she decided she would accept Matt's proposal digitally by creating a Facebook ad that would be guaranteed to be read by him.

"By using 'targeted qualifiers,' you can actually target the campaign to reach just a few people," Jodi said.

Matt is the love of her life. They hit it off instantly when they met at a business function in September 2010.

"We both have high-energy personalities ... we're outgoing and active and we love to travel. And, we have the same goals," she said.

But after dating for two months, Jodi was diagnosed with breast cancer. She thought he might not stick around because of it but that wasn't the case.

Matt stayed by her side through surgery and treatment. Since moving in with Jodi and her kids last July, he has proposed a few times.

'Yes I'll Marry You Matt' was the headline Jodi used in the Facebook advertising campaign along with a picture and a short blurb about how she felt.

While she figured it might take him a week to see, it took Matt just five minutes on the day the campaign was launched to notice it on his Facebook page.

"Then it took him 10 minutes to update his relationship to engaged," Jodi said.

She says the campaign ran just for the one day, and seven people including Matt saw it an average of 12 times each. At the end of the day, the campaign cost her three cents in total — for every thousand times the ad showed up, the price was one dollar.

Since the ad appeared, the couple has received hundreds of messages of congratulations and advice on Facebook.

Now they are pinning down the date (either September 2012 or May 2013) and starting to plan.

"And of course, social media will play a role in the planning of the wedding ... there's just no way it won't," Jodi said.

Pinterest

Jodi Brown has also started a wedding board on Pinterest. Check it out at pinterest.com/luckyjodi/jodi-matt-s-wedding-ideas

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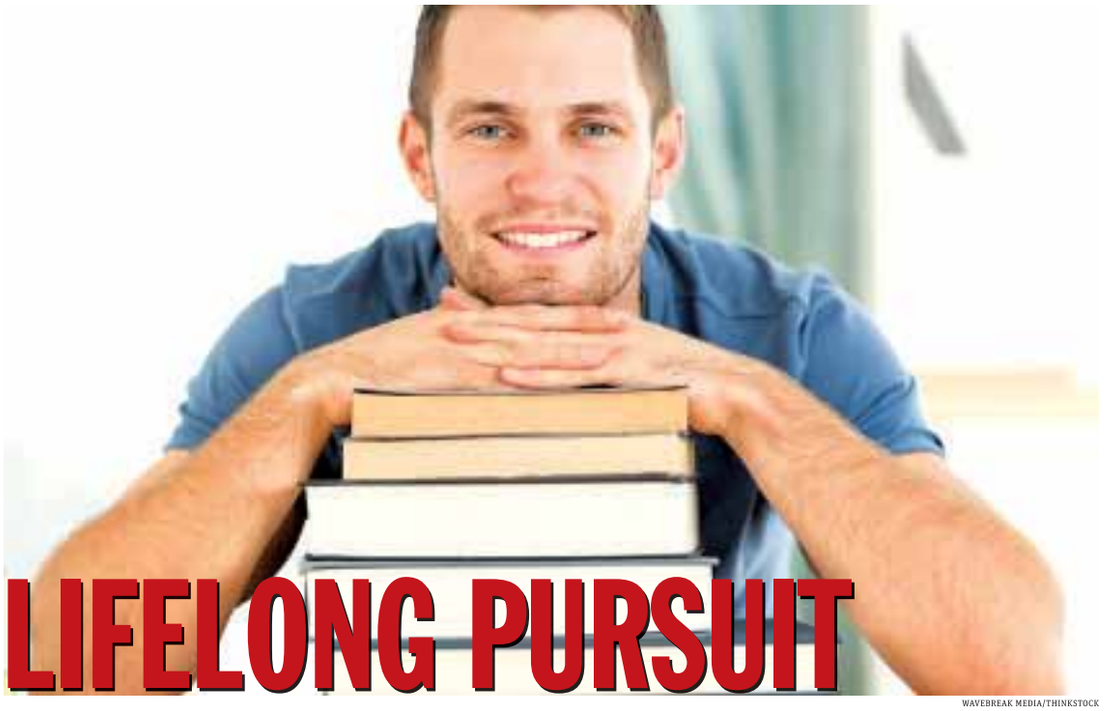

LIFELONG PURSUIT

WAVEBREAK MEDIA/THINKSTOCK

CONTINUING ED CAN HELP EXISTING CAREER ... OR JUST BE FOR FUN

For some people, learning stops as soon as they finish high school or university, but if you want to live a challenging life and find fulfilment at work, experts say learning will likely be a lifelong pursuit. CanLearn.ca is an online resource from the federal, provincial and territorial governments that pools information on furthering your education.

"As the job market becomes more competitive, continuing education can help you keep up with the latest technologies, knowledge and skills you need to help you keep your job, get a new job or change careers through continuing education," it says.

It advises potential students to consider what they want to get out of their further learning — perhaps it's to finally get your high school diploma, or a specific university program to enter a particular profession, or to learn a skill to work in a trade. The clearer you are about your goals, the easier it will be to achieve them. Learn what you need to do, find out what schools offer the education you need, and ask them how to enrol.

Lisa Fanjoy, manager of online learning and continuing studies at Wilfrid Laurier University, says many adults turn to continuing education to advance an existing career, or just for fun. Wilfrid Laurier sees an even mix of students seeking professional and personal development.

For professional development, a popular course is risk-management certification, which is required for advancement in many jobs. Other in-demand courses include the fundamentals of management, diversity in organizations, clinical supervision, writing skills and other upgrades.

For personal development, it's about "a passion or project to indulge in," Fanjoy says.

She points to their popular online script-writing course, where amateur playwrights take a step towards making their dream a reality.

– Jon Tattrie

UPDATE YOUR SKILLS AT RED RIVER COLLEGE

WITH VARIETY OF WORKSHOPS AND SEMINARS

Red River College is offering a wide range of courses from the business administration diploma to residential decorating, photography and the popular wine and spirit education program. In addition, the college has a variety of workshops and seminars for anyone looking to update their professional skills.

Most programs can be completed on a full-time or part-time basis, with many courses offered by distance, which allows you to keep working on your education while enjoying summer holidays.

Local wine expert Gary Hewitt is the lead instructor for the wine program. In addition to his roles with Banville and Jones, Hewitt has also been instrumental in developing RRC's new wine and spirits education trust workshops, delivered through the School of Continuing and Distance Education, in conjunction with its School of Hospitality and Culinary Arts.

"Gary's expertise in wine knowledge and service will be greatly valued as the college and Banville and Jones present upcoming wine workshops and WSET sommelier courses. These hands-on training sessions will allow Winnipeggers to explore the world of wine under the guidance of a world-class expert," says Susan Andree, program manager of applied arts and communication for RRC's School of Continuing and Distance Education.

The wine and spirit appreciation and education series includes the Banville and Jones Wine Company workshops and the wine and spirit education trust (WSET) courses held at the downtown Roblin Campus, in addition to the Manitoba Liquor Control Commission workshops at the Notre Dame Campus. For more information on these exciting new programs, call 204-694-1789.

RED RIVER COLLEGE

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GARMENTS: GEOFFREY ROSS **STYLING:** BREANNA GOW/JUDYINC.COM **CELEBRITY:** GETTY IMAGES

RIGHT LOOK, RIGHT AGE

HERE'S WHAT TO WEAR NOW, NO MATTER WHAT YOUR NUMBER

By Ingrie Williams

20s SOLANGE KNOWLES

A mix of punchy colour, playful pattern and a carefree approach to jewellery creates a look that's sophisticated, not stuffy.

A knockout hue pumps up an otherwise prim top. *Brose silk top, $288, marikabrose.com*

Bright beads and twisted textures score extra style points. *Fab Accessories 18K gold-plated Brass bracelet with faceted glass beads, $48, fabaccessories.com*

Good things happen when an eye-popping print meets a simple shape. *J.Crew Café Capri wool-silk blend pants in Jewel Jacquard, $230, jcrew.com*

Candy coloured knuckledusters are a major thing. *Carole Tanenbaum Vintage Collection pink cocktail ring, $400, yellow Selro ring, $400, and yellow-green enamel ring, $550, caroletanenbaum.com*

30s HEIDI KLUM

Fresh shades and prints that pop are easy ways to wake up those I-want-to-wear-them-everywhere jeans.

Think oodles more stylish than a T-shirt, but just as comfy. *Robert Graham Kalie silk top, $198, 877-717-7466*

Faded-wash denim is most stylish when it's cuffed and cropped. *Joe Fresh cotton-blend jeans, $39, joefresh.ca*

Be it a bag or shoes, there's always room for another pint-size hit of print. *Gap linen and PVC bag, $65, gapcanada.ca*

Artisan charm keeps oversize baubles from being OTT. *Fab Accessories, $280, fabaccessories.com*

40s SARAH JESSICA PARKER

Turn heads in graphic patterns, a figure-flattering silhouette and accessories with just the right amount of flash.

Proof you can be 60% covered up and still be 100% sexy — a fit 'n' flare dress is a must-have. *BB Dakota polyester dress, $122, bbdakota.net*

Glinting baubles in refined shapes echo a retro-chic vibe. *Carole Tanenbaum Vintage Collection Boucher black and crystal necklace, $850, and diamanté bow earrings, $350, caroletanenbaum.com*

Put your foot down with fashionable flair in snakeskin-print platform heels.

Le Château suede heels, $110, lechateau.com

30-SOMETHING

"Nail polish is better than a trip to the therapist," quips Essie Weingarten, founder and creative director of Essie. It certainly has fueled a healthy business for the New Yorker who celebrates the brand's 30th anniversary in 2012—that's 700 shades and counting. Our fave new hue? A pastel lilac called To Buy or Not To Buy, $10, essie.com

WRIST SHOTS

ONE-MINUTE MIRACLE

Pile on the beads. A little boho, a little deco, a little ladylike: we view this season's runway trend of multi-strand necklaces a quick and easy way to update the simplest of wardrobe pieces.
Quartz and crystal beads, $395, kumaris.ca

For more great style tips, visit TheKit.ca

PREPPY

Play along with Gianfranco Ferré-style stripes, polka dots and colour-blocked patterns.
Winners narrow-hinged bangle with colour-blocking, $20, winners.ca. Banana Republic chevron bangle in pink and navy, $62, bananarepublic.ca. Hermès diamon-patterned enamel bangle, $795, hermes.com. Birks Art Deco Collection by Roberto Coin square bangle bracelets in enameled sterling silver, from $395, birks.com

BEJEWELLED

Dress like a princess—make that a queen—with a bevy of bejewelled bangles. *Swarovski Rarely bangle, $575, swarovski.com. Rita Tesolin crystal with green deco-style cuff, $365, ritatesolin.com. Chanel golden metal bracelet with glass stones, $3,375, chanel.ca. Elsa Corsi crystal hinged cuff, $1,200, elsacorsi.com*

ORGANIC

Take your cue from Donna Karan and get inspired by wood and the natural world. *Winners faux-wood and resin wide bangle, $17, winners.ca. Dandi Maestre raw wood bangle, $150, dandimaestre.com. Le Château faux-bark plastic bangle, $13, lechateau.com. Michael Kors ebony-coloured wood bangles with pavé detail, $210 each, 866-733-5677*

KOOL-AID

Pile on the plastic fantastic à la Hermès with punchy colour and bold shapes. *Hermès orange and green wood lacquer bangle, $275, hermes.com. Expression green cuff, $16, thebay.com. Carole Tanenbaum 1960 pink bangle, $250, caroletanenbaum.com. Lacoste navy and black cuff, $100, lacoste.com*

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4

SPORTS

Jets preview

Winnipeg at Pittsburgh
6 p.m.
(TSN-Jets)

The Jets (34-30-8) travel to Pittsburgh (44-21-5), which lost 3-2 in overtime to Philadelphia on Sunday, snapping its 11-game winning streak. Sidney Crosby was held without a point in his third game back after recording five assists in his first two. Kris Letang has three assists and is plus-6 in three games since returning to the Penguins' lineup. James Neal has six points in his last four games and 32 goals this season, a new career-high.
THE CANADIAN PRESS

Peyton Manning, left, takes a tour with Denver Broncos executive John Elway, right, and coach John Fox on March 9. THE DENVER POST/THE ASSOCIATED PRESS

Manning picks the Broncos

NFL. Work underway on finalizing deal between former Colts QB and Denver

The Denver Broncos got their Man. Make that Peyton Manning.

Pending final contract negotiations, Manning will join John Elway's Broncos with hopes of winning another Super Bowl.

So much for Tebowmania.

Still to be decided is what happens to last season's quarterback sensation, Tim Tebow.

The Broncos and Manning agent Tom Condon spent Monday working out parameters of a deal expected to be worth about $95 million over five years after the NFL's only four-time MVP called Elway, the Broncos' revered QB-turned-executive, and told him he had decided to come to Denver.

Tennessee Titans owner Bud Adams also said Manning let him know that he had picked the Broncos. Adams released a statement Monday confirming the Titans were out of the running and later said to The Tennessean: "He called me himself and told me he wasn't coming, that he made his mind up to go with Denver."

Besides the Titans, the San Francisco 49ers had been a finalist in the chase for Manning, who turns 36 on Saturday and missed all of 2011 because of multiple neck surgeries.

ESPN first reported the record-setting quarterback instructed his agent to negotiate the details of a deal with the Broncos, less than two weeks after the Indianapolis Colts released him rather than pay a $28-million bonus.

"I think it's a great place for him," Broncos defensive end Robert Ayers said outside the Broncos' complex. "I don't think he made a bad decision. I think he made a great decision. Hopefully we can prove him right and hopefully we can win a lot of games here."

Despite being sidelined all of last season, Manning's success in the past — the Colts averaged a 12-4 record from 2001-10 — made him by far this off-season's top potential signing and perhaps the most desired free agent ever.

He was wooed to Denver by Hall of Fame quarterback Elway, who led the Broncos to two Super Bowl championships and now serves as their vice-president of football operations.
THE ASSOCIATED PRESS

Analysis

Opportunity trumps Tebowmania

The images were indelible for Denver fans or anyone watching on TV as Tebowmania swept the nation.

On the sidelines, Tim Tebow was Tebowing after scoring yet another late touchdown. In his box upstairs, John Elway was trying his best to look excited about a quarterback he could barely stand to watch.

It was a shotgun marriage from the beginning, this unlikely pairing of a Hall of Fame passer with a quarterback who never seems comfortable in the pocket. Now they are likely to divorce, because with Peyton Manning coming aboard there's going to be a different kind of mania sweeping the mile-high city.

For that, Bronco fans can thank the good people running the Indianapolis Colts. Without Manning on the open market, Elway likely would have been forced by popular demand to keep Tebow. Manning gave him an opening, and Elway reacted like the gambling quarterback he once was in landing the kind of quarterback he always wanted.

The move was brilliant, assuming Manning is healthy and remains healthy. That's a big assumption, but Vegas oddsmakers quickly gave it their stamp of approval, lowering the odds of the Broncos winning the Super Bowl from as high as 50-1 to 10-1.
THE ASSOCIATED PRESS

Baseball

Knee problems will likely send Utley back to DL

Chase Utley will likely start the season on the disabled list for the second straight year because of problems with both knees.

The five-time All-Star second baseman left camp to see a specialist, and it's uncertain when he'll be ready to play for the Philadelphia Phillies.
THE ASSOCIATED PRESS

Soccer

Bolton player Muamba shows signs of recovery

English soccer player Fabrice Muamba began breathing independently and responding to family members on Monday, showing significant signs of recovery in intensive care two days after suffering a cardiac arrest during a match.

The 23-year-old Bolton midfielder collapsed on the pitch just before halftime at Tottenham on Saturday. Initial attempts to resuscitate him were unsuccessful, and his heart started beating on its own again only later in the hospital.
THE ASSOCIATED PRESS

NHL

Preds GM expects Radulov soon

The Nashville Predators believe Alexander Radulov is ready to return to the NHL.

General manager David Poile released a statement Monday saying that "every indication" is that Radulov will rejoin the Predators in the "near future."

Radulov spent two seasons with the Predators before bolting to the newly formed KHL in 2008 even though he had one year remaining on his entry-level contract with Nashville.
THE ASSOCIATED PRESS

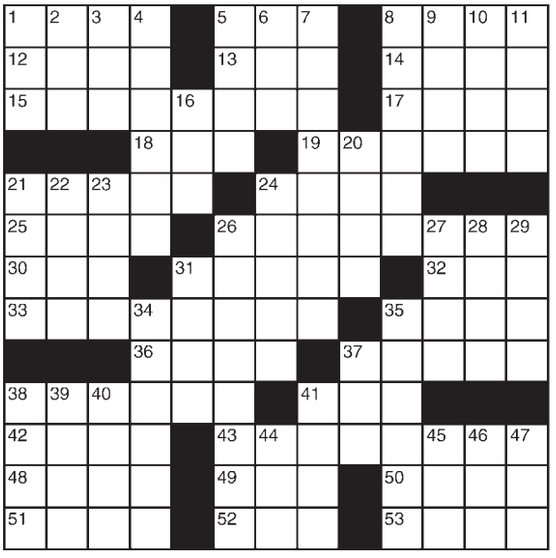
NFL

Panthers add a running back

The Carolina Panthers have added more depth to their already deep stable of running backs.

The Panthers announced Monday they've signed free agent Mike Tolbert from the San Diego Chargers.
THE ASSOCIATED PRESS

Crossword



Across

1 Tire-changing aid
5 Spring mo.
8 Got bigger
12 Shaving cream additive
13 Fish eggs
14 Greek vowel
15 Fundraising events
17 Toe woe
18 Shell game item
19 Make money (from)
21 Ill-tempered one
24 "Groovy!"
25 Go sightseeing
26 Try to touch your toes, maybe
30 Blackbird
31 Logic
32 Raw rock
33 Sodium — (food preservative)
35 Tarzan's transport
36 Not all mine
37 "America's Next Top —"
38 Man's hat style
41 It's between jay and el
42 Egg
43 C-note
48 Toll road
49 CSA leader
50 Fence opening
51 Coaster
52 — out a living
53 Formerly, formerly

Down

1 Poke
2 Brewery product
3 Opposed to
4 Big enough fish, maybe
5 Met melody
6 Cauldron
7 Answer
8 Male escort
9 Santa's runway
10 Needle case
11 1/746 horsepower
16 Not many
20 Took the train
21 Impale
22 Sharpen
23 Destroy
24 Small change
26 Not too bad
27 Null partner
28 Sea eagle
29 Spool
31 Tart to the taste
34 Sped
35 Trip
37 Army rank (Abbr.)
38 Dandies
39 Satanic
40 Carolina campus
41 Dandling site
44 "A mouse!"
45 Scratch the surface
46 "— Impossible"
47 Butterfly catcher

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Monday's answer

A	P	P		C	R	A	M	S		P	A	R
S	E	E		H	E	L	O	T		A	R	E
P	A	N	T	O	M	I	M	E		N	I	L
			O	R	O		M	A	Y	D	A	Y
M	U	P	P	E	T		A	L	O	E		
I	R	A		S	E	A		S	U	R	G	E
C	A	N	S		S	I	R		R	I	L	L
A	L	O	H	A		M	O	B		N	U	S
		R	E	D	O		B	U	N	G	E	E
S	L	A	L	O	M		B	R	A			
H	A	M		P	A	N	E	G	Y	R	I	C
O	V	A		T	H	E	R	E		E	V	A
P	A	S		S	A	T	Y	R		D	E	B

Sudoku

		4		3	9			
		1	6			4		
			7				2	6
		9	3			2		5
	3						1	
4		8			5	7		
6	1				7			
		5			6	8		
			9	1		6		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer

8	7	1	4	2	3	9	6	5
3	2	6	9	7	5	1	4	8
9	5	4	6	8	1	3	2	7
4	6	2	3	5	8	7	1	9
7	3	8	2	1	9	6	5	4
1	9	5	7	6	4	8	3	2
5	4	3	1	9	7	2	8	6
2	8	7	5	3	6	4	9	1
6	1	9	8	4	2	5	7	3

Send a kiss

- **My Angel** Remember every time your gaze at the beautiful stars, that I am as well. And every time I do, I'm thinking of you. We used to dance in a gazebo by the ocean to our favourite tunes. I miss your touch and your love. I'm forever with you in my heart. From Tristan
- **mylizz** This time its all my swag out the window! Don't you ever think about us with warm memories? Remember when you put your arms around me as I played 'fast car' for you?, or when we were so taken with each other we missed our stop and ended up on the other side of the city? Or our hair freezing on our way to Boom after a hot shower :P?! I just can't shake it all! Can you? I need closure, one more day, one more night with you! From hopelessly hoping
- **To:Strange-I dont Understand.** I may know the answer to your questions, if you're looking for me of course... which seems so unprobable..but I posted something on here thursday. Is it a White Honda Civic and today was a nice day for a walk. From Just a guy

Weather

TUESDAY	WEDNESDAY	THURSDAY
MAX: 10° MIN: 4°	MAX: 16° MIN: 7°	MAX: 13° MIN: 1°

BT BREAKFAST TELEVISION
JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." WEEKDAYS 5:30 AM

Horoscope

Aries | March 21 - April 20. With the Sun moving into your birth sign this is the perfect time to let go of all those things that are holding you back.

Taurus | April 21 - May 21. You will find yourself up against someone today who is at best unhelpful and at worst downright hostile.

Gemini | May 22 - June 20. You may not be able to get your own way today but is that really a bad thing?

Cancer | June 21 - July 22. You are determined to prove yourself, and you will.

Leo | July 23 - Aug. 22. The Sun moves in your favour today, making it easier to develop your own ideas and your own way of doing things.

Virgo | Aug. 23 - Sept. 22. Don't take anything on trust. Sometimes, like now, it can pay to be a bit suspicious.

Libra | Sept. 23 - Oct. 22. The effort you have put into a project of some kind has not been wasted.

Scorpio | Oct. 23 - Nov. 21. By all means set yourself a new target today but don't make it so way out there that failure is more likely than not.

Sagittarius | Nov. 22 - Dec. 21. If you are too critical of a friend or colleague today you might turn them against you, so keep that wagging Sag tongue of yours under control!

Capricorn | Dec. 22 - Jan 20. If you find yourself at odds with someone you live or work with today it might be best to back off and let them have the last word.

Aquarius | Jan. 21 - Feb 18. If someone offers to do you a favour today make sure you know what they expect of you in return.

Pisces | Feb. 19 - March 20. If you get the chance to make some money in a way that is not entirely in line with your principles you would be wise to turn it down. There are many ways to be rich.

SALLY BROMPTON

Caption Contest

"Hey look!! I'm air planking!!"
Diana

DARKO BANDIC/ THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

WagJag.com

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